



Mishawaka Communicator



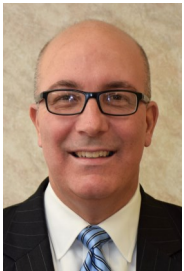
Working together to build the "Best Hometown in America" by delivering exceptional services, promoting safe and clean neighborhoods, elevating the quality of life and inspiring pride in our community.

Dave Wood, Mayor

www.mishawaka.in.gov

December 2019

A Letter from Mayor Dave Wood



If you were not able to attend the Flag Raising Ceremony and Ribbon Cutting at Veterans Plaza, I would encourage you to make every effort to attend the ceremony when we officially rededicate the Soldiers & Sailors Monument on Memorial Day next year. On Veterans Day, November 11th, the **Vietnam Veterans of American, Chapter 1027**, along with other area veterans, the Mishawaka Police and Fire Honor Guard, City officials and citizens of the City of Mishawaka gathered to raise the flags on the newly constructed Veterans Plaza. I have written about Veterans Plaza in the August Communicator and am proud to announce that the flags have been raised and are now in place. It is a proud day in the City of Mishawaka to drive by this plaza and see the flags of the United States of America, the POW-MIA Vietnam Veteran flag, as well as

the flags of the US Army, US Navy, US Marines, US Air Force and US Coast Guard flying free and strong.

Immediately following the ceremony, it was an honor to proclaim Peter J. DeKever as the official City of Mishawaka Historian Laureate. A Historian Laureate is a city's official ambassador on historical matters and the person who promotes the history of the city and its citizens by documenting, researching, interpreting and speaking about the people, places and events that have created a city's distinctive heritage and character. Who better than Pete DeKever to receive this distinction?

Pete is a lifelong Mishawaka resident and attended Mishawaka High School. The DeKever family has lived in Mishawaka since 1906 and his dad, Joe, encouraged a love of Mishawaka and it's history since Pete was a young boy. Pete's history-related work has included historic preservation, writing many articles and several books about Mishawaka history, and he now volunteers as the curator of the Mishawaka Historical Museum. Of particular interest to Pete is the history of military service since it is so important to our city and country, and Pete has written about many events that have been largely forgotten; topics that are military in nature.

After reading the official proclamation, Pete and I had the honor of opening the time capsule that was found in the Soldiers & Sailors Monument during the removal of the monument. There was much speculation at the time of finding the capsule of when it was put there. One phone call thought that it might be the remnants of a box put there by two teenage girls. A frantic phone call from a concerned father who relayed the information that the box might just be one that his daughter and her friend buried there when they were young girls. They buried a box by the fence which surrounded the monument, but I assured the worried father, no, this was in fact a soldered metal box found in the base of the monument, not buried in the ground. The father and daughter could only imagine that there would be an official ceremony surrounded by hundreds of people and upon opening the box, I would only find photos, poems and letters put there by two young Mishawaka girls. This was not the case. Found in the time capsule were some newspaper clippings, film, coins and monument literature from the 1960's. Also, a Mishawaka Council booklet from the 1880's. My favorite find was a letter from Mayor Maggie Prickett. I was honored to unveil and touch

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Make Holiday Leftovers Healthier!

Health Information from Saint Joseph Health System

The holiday season makes it easy to overeat at meals. This overeating can continue with leftovers, and may even continue after the holiday season, leading to weight gain. Avoid overeating leftovers, and find other practical uses for them:

- **Have a plan for leftovers.** Portion leftovers out into half-cup servings, leave enough for two days and freeze the rest. Avoid reheating leftovers several times to prevent food-borne illnesses.
- **Make doggy bags** for family and friends to take leftovers.



UPCOMING EVENTS

Dec 24-25	City Offices Closed
Dec 8	Ice Rink Opens (Merrifield Complex)
Jan 1	City Offices Closed
Jan 3	DJ Night (Merrifield Ice Rink)
Jan 18	Frozen Character Skate (Merrifield Ice Rink)

MISHAWAKA PARKS SPORTS CLINICS

Ages 3-8

T-ball	Jan 19, 26, Feb 2 Mishawaka HS
Basketball	Feb 9, 16, 23 Mishawaka HS
Soccer	Mar 8, 15, 22 Battell Community Center

To register, contact the Parks Department at (574) 258-1664 or register online at

<http://mishawaka.in.gov/parksandrecreation>

ONLINE ACCESS

	http://mishawaka.in.gov
	http://facebook.com/cityofmishawaka
	http://mishawaka.in.gov/communicator
	http://mishawaka.in.gov/parksandrecreation
	https://twitter.com/MishawakaMayor
	https://instagram.com/MishawakaMayor/

A Letter from Mayor Dave Wood *(continued)*

this letter. It gave me great pride that I was the first person to touch and read the document after it was put in the time capsule by Mayor Prickett in 1967.

Another cause for celebration on Veterans Day was the unveiling of a historical marker at 1801 E. Third Street, put up by the Mishawaka Historic Preservation Commission to honor Richard "Dog" Brenneman, a Vietnam War veteran who was on hand for the celebration. Richard Brenneman was born on March 25, 1942, and the Brenneman family moved into their Mishawaka home in 1956. He graduated from Mishawaka High School in 1960 and began active duty with the U.S. Air Force in 1965. During the Vietnam War, from November 8, 1967 to February 12, 1973, 1953 days, Captain Brenneman was held in captivity in five different POW camps. In April of 1973, he celebrated with more than 2,000 citizens, Mishawaka Mayor Maggie Prickett and South Bend Mayor Jerry Miller upon his return to his hometown, Mishawaka. After spending 90 days with family, he returned to active duty as a pilot until he retired as a Lieutenant Colonel in 1993. For his service in Vietnam, Brenneman was awarded the Silver Star, Legion of Merit, Distinguished Flying Cross and Prisoner of War Medal. This is the third such historical marker that can be found in the City of Mishawaka. Other markers are located at 834 Lincolnway East honoring Elizabeth Richardson and at 524 W. Grove in honor of Freddie Fitzsimmons.

Yours in Mishawaka,

Mayor Dave Wood



Make Holiday Leftovers Healthier! *(cont.)*

Health Information from Saint Joseph Health System

- **Create new and exciting twists on the original recipes.** Make lunch wraps with whole grain tortillas, shredded turkey, fresh vegetables, lettuce and cranberry sauce. Make chili with leftover turkey or chicken instead of ground beef. Add cooked vegetables such as cauliflower, broccoli, green beans or carrots to mashed potatoes.
- **Exercise portion control** with leftovers. Use your hand as a guide to determine servings. Fist = 8 oz for hot and cold beverages. Hands cupped = 1 cup for soups and mixed dishes such as chili, stew or macaroni and cheese. One hand cupped = 1/2 cup for pasta, rice, beans, coleslaw or potato salad, mashed potatoes and pudding. Palm = 3 oz for cooked meats such as a hamburger patty, chicken breast, fish fillet and pork loin. Two thumbs together = 1 Tbs. for peanut butter, salad dressing, sour cream, dips, whipped toppings, dessert sauces, margarine, cream cheese and mayonnaise.

To learn more, visit ThisCounts.org.

Merrifield Ice Rink

Admission

Toddler (0-4) Free
Youth (5-17) \$3.00
Adult \$4.00
Senior (62+) \$3.50
Re-entry (5-9pm) \$2.00
Group Rate (10+) \$2.00
Field Trip Rate \$1.00
Friday Family Night \$15.00
Skate Rental \$2.00

Hours

Friday 5:00 pm - 9:00 pm
Saturday & Sunday
12:00 pm - 4:00 pm, 5:00 pm - 9:00 pm
Winter Break Daily!
12:00 pm - 4:00 pm, 5:00 pm - 9:00 pm